A) Soak siliques in liquid nitrogen for 5 min

B) Transfer with a strainer to a petri plate on dry ice, ~5 sec

C) Siliques will pop in ~5-10 sec (repeat B-C if necessary)

D) Chill strainer and funnel in liquid nitrogen, ~30 sec

E) Filter through chilled strainer/funnel into tube on dry ice, ~30 sec